

**OSTEOPOROSIS BONE HEALTH
RECOMMENDATIONS WITH PLASMA ENERGY
PART- 4**

WILL CONTINUE

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21th Dec. 2016

**For those suffering of Osteoporosis
and Bone Cartilage Deficiency Issues**

**Effective Techniques,
Recommended by Mr. Mehran
Keshe**

What is Our Aim?

- The following are a compilation of several workshops, as we have understood them.
- Our Aim is to improve our health and also share this information publicly with those who are seeking knowledge, in as clear simple form as possible.
- Any contribution to improve this knowledge will be appreciated by the universe as well as us.
- We shall appreciate if you share with us any recovery you experience

What is «Osteoporosis»? - 1

Osteoporosis is a bone disease that occurs when the body loses too much bone, makes too little bone, or both. As a result, bones become weak. Osteoporosis-related fractures most commonly occur in the hip, wrist or spine.

Osteoporosis occurs when the creation of new bone doesn't keep up with the removal of old bone.

Osteoporosis affects especially women who are past menopause — are at highest risk.

What is «Osteoporosis»? - 2

- Your body needs calcium to build and maintain strong bones. Your heart, muscles and nerves also need calcium to function properly.
- After menopause calcium loss from the bones increases
- Also if you are taking corticosteroid, for treating inflammation in rheumatoid arthritis and many other conditions unfortunately can dramatically weaken bones and lead to osteoporosis.
- As Mr. Keshe says «You need to change the information of the calcium deposition in the body and that will take time»

What is «Osteoporosis»? - 3

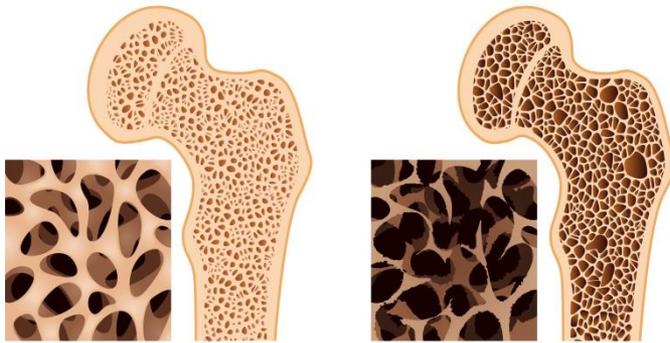
Every Month, the body of a female gets ready to give life. In the body of mother, every food is ready for the baby. For calcium the best storage is the hip of the female. All the calcium for the potential baby is withdrawn from the hip.

Hip of the mother feeds the child for calcium. So on every menstruation the body gets depleted of calcium.



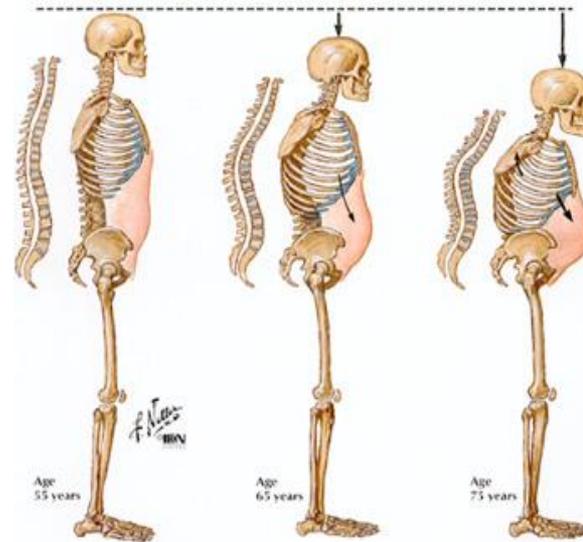
What is «Osteoporosis»? - 4

Osteoporosis



Healthy bone

Osteoporosis



Age 55 years

Age 65 years

Age 75 years

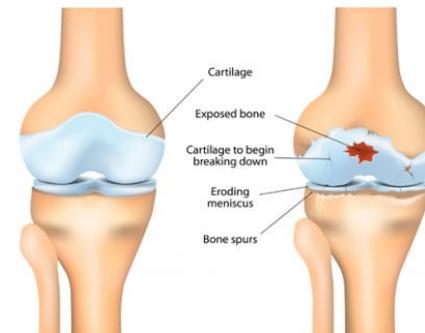


Normal bone



Osteoporosis

OSTEOARTHRITIS



Healthy joint

Osteoarthritis

Usual Medication

Bisphosphonates are the most common medications prescribed for osteoporosis treatment.

Hormones, such as oestrogen, and some hormone-like medications approved for preventing and treating osteoporosis, but they may increase the risk of heart attacks and some types of cancer.

What can you do to prevent «Osteoporosis»

To prevent osteoporosis and Calcium deposition on the breast,

The day before menstruation, **during first** day and **one day after**, start taking **Ca tablets**. Any form. Only calcium, not with magnesium.

The body will not go to hip to find calcium. Will not deteriorate the bones . You give the body a false message to.

The body will not deposit calcium in the breast (which may cause breast cancer)

What ever age, even if you are in menopause, by taking body temperature you can find the menstruation time and take calcium tablets for 3 days.

Plasma Energy Recommendations For Osteoporosis - 1

For the hip problems

Prepare a panty (or under short) or wrap around cloth with gans water of $\text{CO}_2 + \text{ZnO} + \text{Calcium} + \text{Magnesium}$ and ware it or wrap around every day. To sitimulate nervs you may add a little CUO also.

In 60 days you will notice hip geting stronger.

In 90 days you will recover.

Cartilage problem on the knees

Apply $\text{CO}_2 + \text{CH}_3$ gans water patches to give energy and solidify cartilage

In 30 days cartilage solidifies and in 60-90 days, it will be repaired.

For femur and hip joint regeneration



Front Side

Ligh mixture of CO₂ + ZnO + bone + eggshell + Mg gans water

Back Side

heavy mixture of CO₂ + ZnO + bone + eggshell + Mg gans water

WRAP AROUND

For Femur and Hip Joint Regeneration

Two middle patches for **Back Side**
heavy mixture of CO₂ + ZnO + bone
+ eggshell + Mg gans water.

If you have blood circulation problems
you can also stick small tube of **heavy**
hemoglobin Gans.

Two side patches - **Front Side**

light mixture of CO₂ + ZnO + bone +
eggshell + Mg gans water.

If you have blood circulation problems
you can also stick small tube of **ligh**
hemoglobin gans



EASY APPLICATION GANS WATER + HEMOGLOBIN WRAP AROUND PATCHES FOR IMMUNITY BOOST AND FEMUR AND HIP JOINT REGENERATION



Calcium Gans Preparation

Calcium Gans from Bone

Boil bone with bone marrow in for a long period add some vinegar in to soften.

- 1- Take the softened monoatomic bone Gans Stew and add caustic. Keep at least 24 hrs or longer and wash at least 5 times before you use the gans.
- 2- or put the softened monoatomic bone Gans Stew in CO₂ Gans water and keep for couple of days.
- 3- or put bone over the Field Plasma transfer box and transfer its energy.

Top of the femur contains all the information for organs like a brain.



Immune System Stimulation

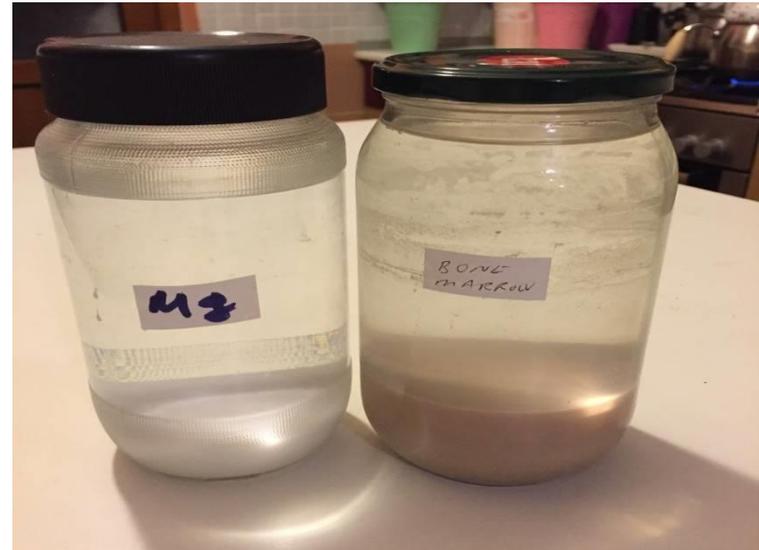
Top of the femur contains all the information for organs like a brain

If a part of the bone is damaged, the part which that organ corresponds, gets sick!!!!!!!!!!

If you want to stimulate thymus you have to stimulate femur



Cut Femur



Magnesium and Bone Gans

Do not forget to always use Breathing tube or glass (Breather is personal).



Stick CH_3 and $\text{CO}_2 + \text{ZnO}$ patches around a glass. Place a drinking straw or tube and breathe through it. This reinforces the lung

(CH_3 Must not be used by cancer patients)



Breathing pipe with 50% $\text{CO}_2 + 50\%$ ZnO Gans water around the pipe.

Plasma Energy Recommendations -2

Back problems and Slipped disc repair.

CO₂+ CH₃ gans water patches applied on the back problems .

Drink also mixture of (9 drops CO₂ + 1 drop CH₃) drink 3 times /day.

You must always use breather also (50% ZNO+50% CO₂) always (Breather is personal).

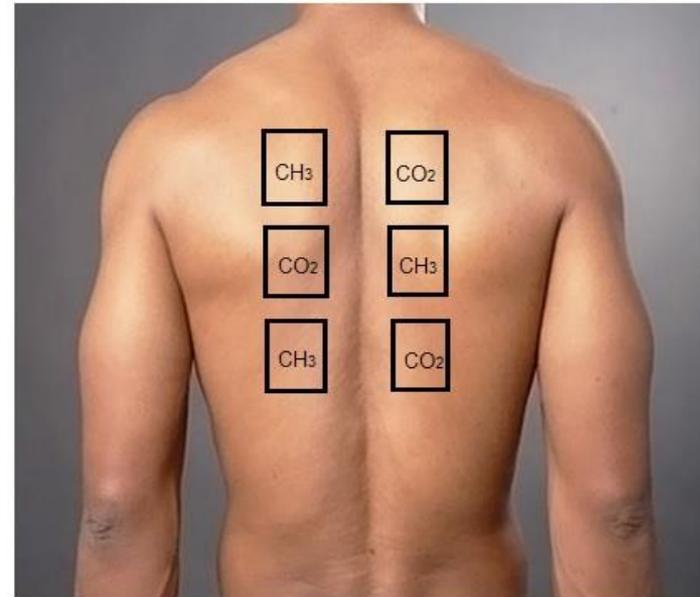
Plasma Energy Recommendations - 3

Spinal chord injury.

Never touch if there is plate inserted

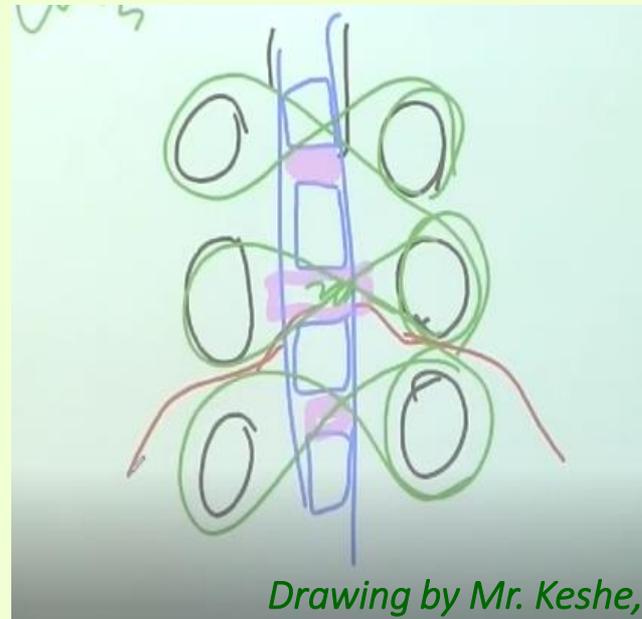
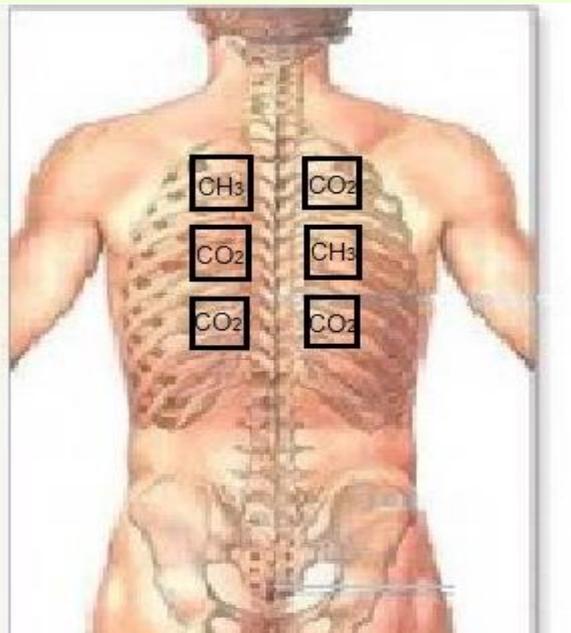
If there is damage, put patches on two sides of the spine, 1-2 hours, 3 times a day.

Make number of patches each patch will communicate with each other.



How Does it effect?

Keeping the injured part between the patches you will be creating cleaning action and regeneration at the diseased area through an infinity loop, formed by the «attraction – repulsion» between **various Ganses**.

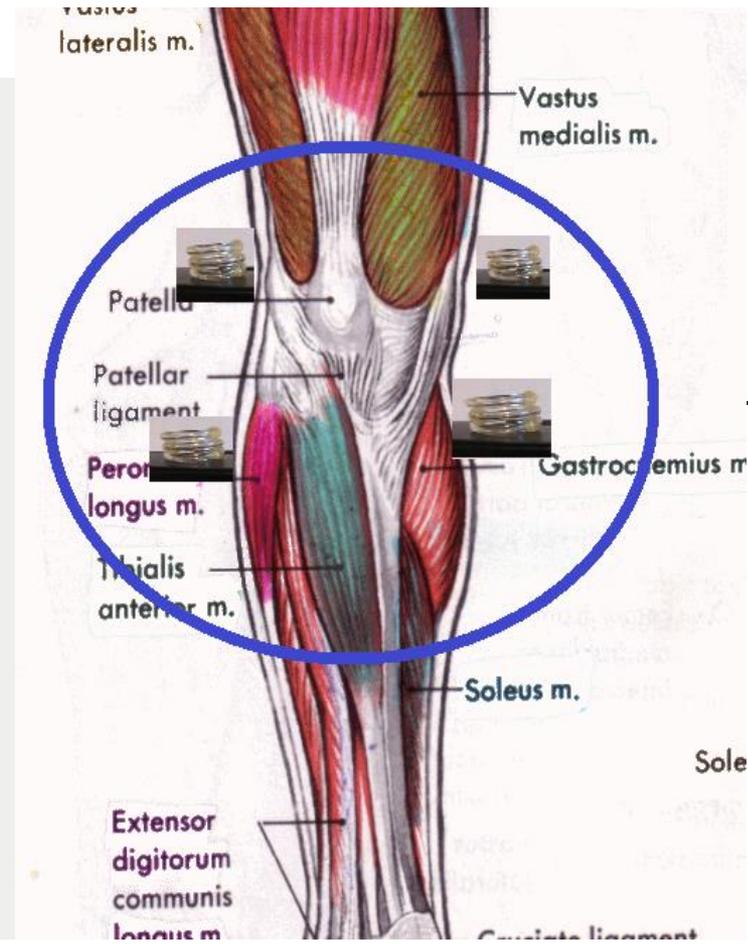


APPLICATION OF MINI GANS RINGS

For ligament and cartilage repair around the knee, you can use mini gans rings

Or,

CO₂, CH₃ patches



How can we apply it effectively?

- Use triple rings over and under the problem spine area – cartilage or joint on both sides. Place 4 ring groups around injured spine.
- Fill the upper tube with CO₂ Gans water, middle tube with Middle CH₃+little Mg and the outer tube, with ZnO Gans water. Also add a little of respective Ganses into the Gans waters.
- Provide cleansing and cure through «attraction – repulsion» principle, by forming an infinity loop.
- Join the two ends of the loops to create a continuous loop. Don't close the ends. Energy must circulate freely.

**We Thank Mr. M Keshe
and Keshe Foundation
Members for supplying
the knowledge, freely and
willingly**

**We hope you to benefit
from our experiences**